



HAVE A PLAN

- In a flu epidemic, schools and day care centers may be closed. Plan for children to stay at home for extended periods of time.
- Your workplace will be affected. Ask your employer how operations will continue during an H1N1 outbreak, and discuss flexible work practices and leave policies.
- Talk with family members and loved ones about how they will be cared for if they get sick or what will be needed to care for them in your home.
- Usual services may be disrupted. These could include services provided by hospitals and other health care facilities, banks, restaurants, government offices, telephone and cellular phone companies, and post offices.
- Public transportation services may be disrupted.
- Public gatherings, such as volunteer meetings and worship services, may be canceled. Prepare telephone and e-mail contact lists to distribute necessary information.



MAKE A KIT

- Store a two-week supply of water and food. During a flu epidemic, if you cannot get to a store or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies as well, such as power outages and natural disasters.
- Have over-the-counter drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.



BE INFORMED

- **www.flu.gov**

The U.S. Government's official flu site provides one-stop access to H1N1, avian, and pandemic flu information, including a family guide and planning checklist.

- **www.cdc.gov/h1n1flu**

The Centers for Disease Control and Prevention provides thorough, authoritative, and up-to-date information on influenza disease activity in the United States. You can also subscribe to social media updates.

- **<http://fhp.osd.mil/aiWatchboard>**

Sponsored by the Department of Defense, the Pandemic Influenza Watchboard provides information and resource links for military personnel, civilian employees, and their families.

- **www.who.int/csr/disease/swineflu/en**

The World Health Organization monitors the stages of diseases and provides information about international efforts and outbreaks in specific regions.

- **travel.state.gov/travel/tips/tips_1232.html**

The Department of State provides current information on international travel in general and to specific regions.

- **[1-800-CDC-INFO \(1-800-232-4636\)](http://1-800-CDC-INFO)**

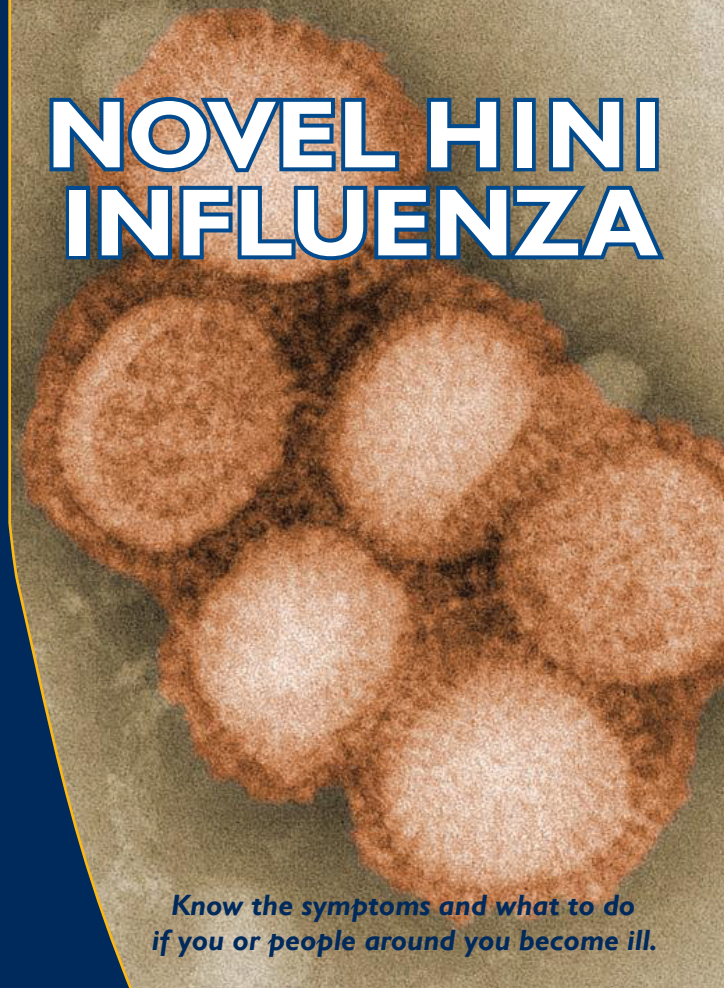
The Centers for Disease Control and Prevention hotline provides information in English and Spanish, 24/7.

- **www.cnmc.navy.mil**

The Commander, Navy Installation Command Web site provides emergency planning information and tools for a range of hazards, including novel H1N1 influenza.

Are you and your
family ready for an
EMERGENCY?

NOVEL H1N1 INFLUENZA



*Know the symptoms and what to do
if you or people around you become ill.*

OPERATION  PREPARE
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What is novel H1N1 influenza?

The H1N1 virus is a novel (new) influenza virus strain causing contagious illness in people, first detected in people in the United States in April 2009. H1N1 was called “swine flu” at first because it was thought genetically similar to flu viruses normally occurring in pigs. (It actually contains genes from viruses that circulate in birds and humans as well.)

How dangerous is it?

In the United States, most people who have become ill with the H1N1 virus have recovered without requiring medical treatment. A majority of those hospitalized have had one or more medical conditions that increase risk for complications, including pregnancy, diabetes, heart disease, asthma, kidney disease, and immunosuppression.

The Centers for Disease Control and Prevention (CDC) expects H1N1 illnesses to continue for some time. The virus could cause significant illness with associated hospitalizations and deaths in the fall and winter 2009, during the U.S. influenza season.

How is H1N1 transmitted?

Both seasonal and H1N1 viruses spread mainly by people with the flu coughing or sneezing. People may also sometimes become infected by touching something with flu viruses on it and then touching their mouth or nose.

People infected with seasonal flu can pass it on before they feel sick and even if they never develop flu symptoms. Adults may be contagious for as long as a week after they get sick. Children may be contagious for longer periods. Current information on H1N1 indicates similar experience.

How can I protect myself and my loved ones?

Vaccination—Vaccines effective against the H1N1 flu virus are in production. All military personnel will be vaccinated, and the vaccine will be available to all military family members who want it.

Good Health Practices—Standard preventive measures help avoid all varieties of the flu:

- Healthy people are more resistant to contagious diseases, so get adequate sleep, eat nutritious food, and keep physically active.
- Frequently wash your hands with soap and water or use an alcohol-based hand cleaner. Rub your hands thoroughly; don't just get them wet.
- Limit unnecessary exposure to people with coughs and fevers.
- No matter where you are, and especially if you are traveling, stay informed of the regional situation and recommended precautions.



What are the H1N1 symptoms and danger signs?

The symptoms of seasonal and H1N1 flu viruses are similar—fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some also have diarrhea and vomiting.

Seek medical care promptly at any of the following warning signs:

- In children, fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or not interacting, or flu-like symptoms improve but then return with fever and worse cough.
- In adults, difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, or flu-like symptoms improve but then return with fever and worse cough.

What if we get H1N1 anyway?

If you are sick, take the following measures:

- Carefully dispose of used tissues, disinfect your hands frequently, and use germicidal cleaners on appropriate surfaces.
- Consider wearing a facemask to help prevent spreading the illness to others in your household.
- Remain at home until at least 24 hours after you are free of fever or signs of a fever without the use of fever-reducing medications.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you or a family member has a severe illness or is at high risk for flu complications, contact your health-care provider or seek medical care to learn whether flu testing or treatment is needed.
- Some existing prescription medications that suppress reproduction of viruses in the body are available.

How is H1N1 related to seasonal or pandemic flu?

- **Seasonal flu** strikes every “flu season,” infecting 5%–20% of the U.S. population. CDC recommends a yearly **seasonal flu** vaccine, which protects against the three seasonal viruses that research suggests will be most common. The 2009–2010 seasonal vaccine will not protect against novel H1N1.
- **Pandemic flu** is a global epidemic, occurring when a new virus strain emerges. People have no residual immunity, and it takes time to develop and test effective vaccines. In June 2009 the World Health Organization (WHO) raised the global pandemic alert level to Phase 6, indicating that a global pandemic is under way. This designation reflects the spread of the H1N1 virus, not the severity of the illness it causes.

